

Case Study Worksheet- Annie

Follow steps from the NM WIC Counseling Flow Chart.

Step 1: Measure

Annie is a 3 year, 3 month old who lives with her mom and grandma helps out with her while her mother is at work.

Height is measured at 39 in. Weight is 38 lb. BMI is 17.5 and falls at approximately the 91st percentile. Her previous visit, Annie was at the 89th percentile.

Step 2: Review Results

Tools: Nutrition Activity Self History (NASH) Form
Child Health Report Card Action Plan (ReCAP)
BMI Poster

1. Affirm positive behaviors
(Write down positive behaviors that could be affirmed from NASH)
 - a. _____
 - b. _____

2. Discuss risk areas
(Write down behaviors of potential concern that might be discussed)
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

Step 3: Assess

Tools: Talking Tips chart
Flip chart

1. Assess topics of interest and concern
2. Determine if client is in Action, Preparation or Pre-contemplation stage
Question: How would you determine readiness to change?

(For this case study, assume Annie's mother is in Preparation)

Step 4. Counsel

Tools: NASH

Talk Tips chart

Flip Chart

1. Use MI
2. Affirm positive behaviors
3. Ask permission to discuss child-related concerns or health risks
4. Indicate the tools that you would use in counseling:

Step 5. Set Goal & Follow-up Plan

Tools: Talk Tips chart

ReCap

1. Identify risk or health issues that would cause maternal concern
2. What goal would you set for Lucy?

Step 6. Chart Notes

Tools: Charting Guide

1. Write down the charting note that you would write for this interview
